

Triple P Online

The current climate has raised new parenting challenges for everyone. Children and teenagers have experienced disruptions to their daily life and increased worries about their safety and that of their family and friends. Children can react in unexpected ways because they cannot express how they are feeling. The Triple P – Positive Parenting Program's simple, practical strategies have been proven to work around the world, helping parents raise happy, confident children; set family routines and rules that everyone can follow; and balance work and family life with less stress.

You want the best for your family – to set up your children and teenagers for success and create a happier, calmer family life. But when do you learn how to parent, how to parent a teenager? How do you raise successful children? Triple P online could answer all your questions but still lets you choose the strategies that fit your family's needs?

Triple p online & teen triple p online put you in control so you can:

- Choose the strategies that fit your family
 - Do your course anywhere, anytime – 24/7
 - Work at your own pace
 - Print your graduation certificate once you've successfully finished the programme
- To access Triple P Online, please contact TripleP@bedford.gov.uk

Discussion Groups and Seminars

You may prefer to come along to Triple P Discussions/seminars. This is a great way to cover key areas we know many parents want information and help with, including:

- Understanding general parenting issues, why children tend to behave in certain ways under certain influences, and what they best respond to.
- Dealing decisively and effectively with behaviours such as aggression, non-cooperation and disobedience.
- Recognising and managing situations that might be less obvious such as sadness, anxiety, difficulty with separation and problems mixing with other children.

0-12 seminars will cover:

- The power of positive parenting
- Raising confident competent children
- Raising resilient children

What is the Early Help Parenting offer?

The Early Help Parenting offer helps families in Bedford to flourish by giving parents the confidence, skills, knowledge and understanding to build a strong family life to



Contact us

If you are a school, voluntary, or community organisation and would like us to deliver a Triple P seminar, discussion or group, please email or phone

@ triplep@bedford.gov.uk

Please note that the courses outlined within this leaflet are just one part of many family and parent support services that are offered from Bedford Early Help Service.

For information on the range of services available to families and professionals please visit the Early Help website at <https://earlyhelp.bedford.gov.uk>

Alternatively if you are looking to find out more about our other parenting support you can email parenting.programmes@bedford.gov.uk



keep children safe, healthy and happy. Provided for FREE, we support parents and carers with children aged 0 to 19yrs as well as children and young people. We offer a range of information and support, from short workshops, seminars, group discussions and courses. Whatever the types of support you require just ask, as we can accommodate most requests and best of all it is all **free!**

Early Help Parenting Offer

Through our Parenting Offer:

- We provide supportive action for families at every stage of their children's lives, in conjunction with a wide range of partner agencies.
- We support families to strengthen family relationships.
- We offer a flexible range of support options to meet the needs of individual families, from information and advice, parenting support in the home, group work programmes and support for children in school.

We also work in conjunction with a range of agencies to provide:

- Parenting programmes in Children's Centres
- Parenting workshops and seminars
- If we can't help you we will put you in contact with someone who can.

Stepping Stones Triple P

Stepping Stones Triple P has been developed for parents of children with a developmental disability or additional need. Because it's based on Triple P's proven parenting strategies, it gives you ways to deal with the kinds of childhood behaviour problems and issues that can make family life stressful. Stepping Stones Triple P has been evaluated with real families and has been shown to work with children with intellectual and physical disabilities who have disruptive behaviour.

Who is this for?

- Parents of children with a disability (3years to 12years)

Stepping Stones Triple P can help you

- manage problem behaviour and developmental issues common in children with disabilities
- encourage behaviour you like
- cope with stress
- develop a close relationship with your child
- teach your child new skills



Early Help Positive Parenting

Information Leaflet - June to July 2021



“Right support **Right action** Right time”



Triple P Dates from June to July 2021

Group Name	Venue	Time/Date	Who For?
Triple P Group for Arabic Speaking Mothers	Currently all our course are being delivered via Video Conferencing	Tuesday's 09:30 - 11:30 am 18th, 25th May, 1st, 8th, 15th, 22nd, 29th June, and 6th July	Arabic Speaking Parents and Carers of Children aged 3yrs to 12yrs
Stepping Stones Triple P	Currently all our course are being delivered via Video Conferencing	Wednesday's 9.30am - 11.30am 9th, 16th 23rd 30th June, 7th, 14th and 21st July	For Families with a child who has a disability or additional need
Coping with Teenage Emotions	Currently all our course are being delivered via Video Conferencing	Thursday 10th June 2021 7pm-9pm	Parents and carers of children aged 12 and above
Managing Fighting and Aggression	Currently all our course are being delivered via Video Conferencing	Monday 14th June 2021 10am-12pm	Parents and Carers of children aged 3yrs to 12yrs
Teen Brain Matters	Please use Eventbrite to book onto this workshop. https://www.eventbrite.co.uk	Monday 21st June 2021 7pm 9pm	Parents and carers of children aged 12 and above
Managing Fighting and Aggression	Currently all our course are being delivered via Video Conferencing	Monday 28th June 2021 7pm - 9pm	Parents and Carers of children aged 3yrs to 12yrs
Dealing with Disobedience	Currently all our course are being delivered via Video Conferencing	Monday 5th July 2021 10am-12pm	Parents and Carers of children aged 3yrs to 12yrs
Reducing Family Conflict	Currently all our course are being delivered via Video Conferencing	Thursday 8th July 2021 7pm - 9pm	Parents and carers of children aged 12 and above
Dealing with Disobedience	Currently all our course are being delivered via Video Conferencing	Monday 12th July 2021 7pm - 9pm	Parents and Carers of children aged 3yrs to 12yrs
Teen Brain Matters	Please use Eventbrite to book onto this workshop. https://www.eventbrite.co.uk	Monday 19th July 2021 7pm-9pm	Parents and carers of children aged 12 and above

To book on to any of the above courses email us on

@ triplep@bedford.gov.uk



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